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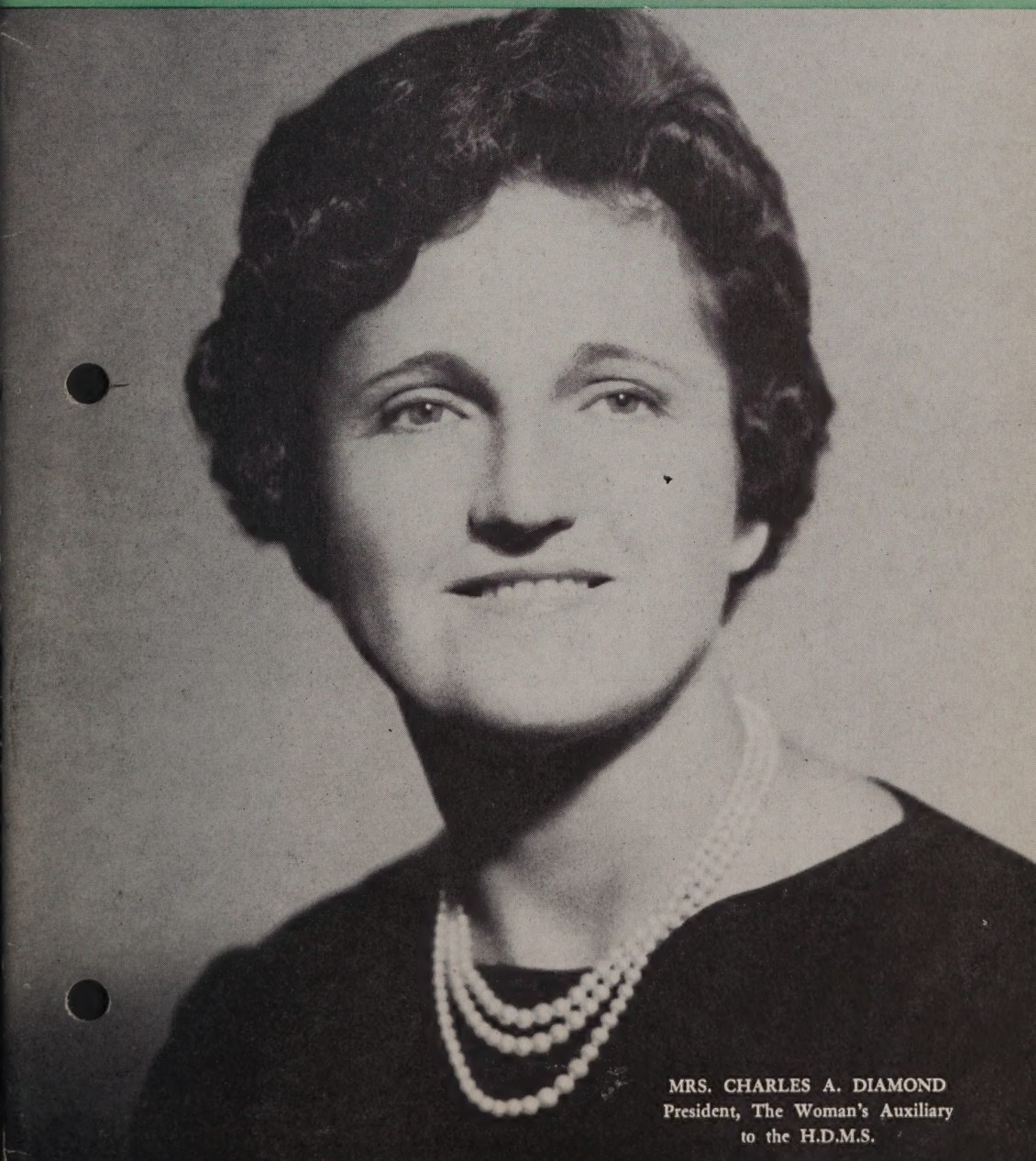
# The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME XIX OCTOBER, 1963 NO. 8



MRS. CHARLES A. DIAMOND
President, The Woman's Auxiliary
to the H.D.M.S.

# Hampden District Medical Society

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# The Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult."
Hippocrates

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THE HAMPDEN HIPPOCRAT, OCTOBER, 1963

## EDITORIAL

### OUR COMMUNITY'S HEALTH

At our annual meeting last April, the membership of the Hampden District Medical Society voted to support and render cooperation and assistance to a Springfield Area community health self-study which would be carried out under the aegis of the National Commission on Community Health Services. By such action, we committed ourselves to a noble, traditional role which has brought our community's health to its present high level and which will reach for even higher goals in the future. The health problems ahead are complex and insistent; hence, we all must be cooperative and complimentary, supporting and stimulatory.

The National Commission on Community Health Services was established in 1962 by the American Public Health Association and the National Health Council to study community health needs, resources, attitudes, and practices and to stimulate improvement of health services on the community level. This Commission is financed by grants of nearly one million dollars from the W. K. Kellogg Foundation, the U.S. Public Health Services, and the McGregor Fund. The American Medical Association has manifested its vital interest in the Commission and has since assigned appropriate members of its staff to work in various capacities with the Commission.

The Commission has divided its work into two major parts: (1) the Com-

munity Action Studies Project, through which it will carry on a program of studies in twenty communities, and (2) the National Task Forces, which will study specific areas of community health problems that are of overall concern. Seven Task Forces have been created with specific areas of concern in community assessment, planning, and action; environmental health; organization of community health services, financing health services and facilities; health services manpower; health facilities. and comprehensive health care.

In the community self-study phase of the Commission's work, twenty communities of various size and geographic distribution are to be selected from applicants which illustrate certain characteristics, including such as: (1) environmental health hazards; (2) inadequate comprehensive personal health services; (3) inadequate resources and facilities; (4) inadequate means of organization, administration, or financing of health services; (5) insufficient manpower to provide the services needed; (6) ineffective cooperation and coordination among the groups and agencies providing services. Of the twenty communities, seven have already been picked with Springfield, Mass., being the fourth.

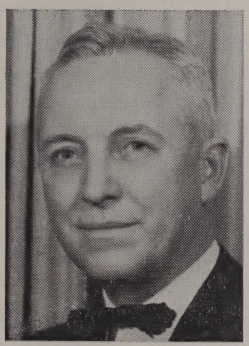
The funding, personnel, and resources necessary to initiate and carry through with the responsibility, direction, and follow-up on the community study must come from the community, namely, greater Springfield. The National Commission will assist in the self-study by providing the services of a "community self-study consultant", namely, Dr. Jesse Aranson of New Jersey in the case of Springfield. Moreover, basic self-study instruments and materials and assistance in the training of volunteers, tabulating data, and preparing of report will be provided by the National Commission but *not funds.* The target date for completion of the local community study and report is the end of the next calendar year so that all findings and deliberations can be presented to a national conference in the Spring 1965. From all this, the National Commission will develop recommendations and actively promote same.

Preparations locally are already under way for the creation of a local study committee, which is to be composed of the "lay" and "professional" health leadership in the community along with an Executive Committee thereof. Shortly thereafter, various sub- or special committees will be formed to undertake studies of specific community health problems. Some funds for the local endeavor have already been received from or have already been pledged by local agencies and organizations.

It is sincerely hoped that Hampden membership will participate most actively in this self-study and provide the medical leadership needed. The final conclusions and recommendations both locally and nationally can have far-reaching medical implications and will be around for a long time to come. We have a good opportunity to become a part of these studies and to help direct them now rather than later when we may find that the recommendations are incompatible with some of our basic principles. Although this may or may not come to pass, an opportunity exists for us to help provide leadership in a study which attempts to deliberate and recommend on the health care of our community.

Ayres

# President's Page



## TO OUR LADIES

Of all the assets our District Society is blessed with, none is so valuable as our Auxiliary. I understand that ours is one of the largest and most active in the entire M.M.S.

Through the years, our ladies have always responded graciously, efficiently, and cooperatively to every request and to every need of the Society. At the moment they are busy preparing for Diabetes Detection Week, which, thanks primarily to them, was so successful in the past two years. They are preparing also for the eleventh annual White Cap Ball, which we should all make a serious effort to attend on November 2, 1963.

We know that we can count on our Auxiliary's cooperation during the forthcoming "Operation Hometown", as well during any and all of the projects that our Society may undertake.

On a more personal note we salute every Auxiliary member—wife, mother, and over-all helpmate. Yours is a difficult life, night calls and broken sleep; irregular meals and untouched cold dinners; plans made and cancelled; interrupted socials, movies, etc.

Thanks for your patience and understanding through it all. Again, we salute you!

Martin B. Murray, M.D.

## EXECUTIVE COMMITTEE MEETING (September 17) HIGHLIGHTS

Full attendance, with meeting lasting from 8 P.M. to 12 midnight.

Letters were read from: Western Massachusetts Psychiatric Association, Dr. Bellin and Dr. Wallwork.

Dr. Charles Holt was appointed to represent Society on Community Council's "Meals on Wheels."

Committee reports were read from Committees on Disaster, Diabetes Detection, Mental Health, Public Health, Insurance, Labor Relations & Industrial Accident. Society to sponsor a mass polio adult vaccine program.

The Grievance Committee heard and reviewed six cases.

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Many instruments have been collected by the Medical Assistants and the Woman's Auxiliary for the U.S.S. Springfield to take back to the Mediterranean for distribution to needy countries.

The U.S.S. Springfield has been contacted by letter and asked for their sailing date. Perhaps the Woman's Auxiliary can send a delegation down to present these instruments in person.

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## HAMPDEN CAPSULES

President Murray addressed the Westfield Chamber of Commerce on Tuesday, September 24.

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P-R Councilor Byrnes spoke at the Old First Church on the subject of "Medical Care for the Aged."

MEDICAL CARE SYMPOSIUM . . . is expected to feature to authorities in the field of medical care for the aged! Plans for the symposium are currently being made by a joint committee of the Hampden District Medical Society and JCA. Co-chairmen are Dr. Robert Emery and Chester Chambers, Chairman of the JCA Congressional Action Committee. The symposium will be held on Tuesday night, October 29 at the Sheraton Kimball Hotel. Speakers will be Mr. Elliott Richardson and Mr. Thomas McEhlone.

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Dr. Ambrose J. Connelly has been appointed post surgeon at the Springfield Armory. Dr. Connelly closed his Springfield office, ending his private practice, on July 1, 1963.

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**Meetings at Headquarters**

Sept. 19, 1963, Insurance, Labor Relations, 8 P.M.

September 23, 1963, Medico-Legal, 8 P.M.

Oct. 1, 1963, Medico-Religious, 8 P.M.

Oct. 2, 1963, 12 noon, Diabetes Detection

Oct. 15, 1963, Executive Committee, 8 P.M.

Public Health, Oct. 30, 1963, noon

Oct. 23, 1963, P-R Committee

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## WELCOME DR. BURKIN!

Dr. Aaron H. Burkin has been officially transferred from Charles River District to Hampden. Address is 91 School St., Specialty ENT.

## COMING EVENTS

**HAMPDEN DISTRICT MEETING, DECEMBER 3, 1963.**

EXECUTIVE COMMITTEE MEETINGS, October 15 and November 19, 1963.

SPRINGFIELD ACADEMY OF MEDICINE, NOVEMBER 12, 1963.

AMERICAN HEART ASSOCIATION (Scientific Session),
OCT. 25 - 27, LOS ANGELES, CAL.

AMERICAN COLLEGE OF SURGEONS, OCT. 28 - NOV. 1,
SAN FRANCISCO, CAL.

AMERICAN COLLEGE OF PHYSICIANS, Regional Meeting,
October 25, 26, Hartford, Conn.

NEW ENGLAND POST-GRADUATE ASSEMBLY, BOSTON,
NOV. 13, 14, and 15, 1963
PANELS, SYMPOSIA, LECTURES
MOVIES, HOSPITAL CLINICS, Etc. (See page 7)

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## COMMITTEE ON MENTAL HEALTH

A meeting of the Committee on Mental Health was held on September 16, 1963 at 12 noon with Drs. Whitney, Cooper, Clarke, Boss, Jr., Greenspan, Wheeler, Polchlopek, Richards, Griffin, Harrington, Green and President Murray attending. The first matter of business was the reading of the minutes of the previous meeting, which stressed the need of local control in any mental health setup in the Hampden District. There was much discussion about ways and means of preventing active total state control. A joint effort with the Community Council and the Joint Civic Agencies to accomplish this purpose was discussed and it is hoped that this approach will be successful. The next order of business was to select a suitable site, a location that would reflect the needs and wishes of the entire District. It was felt, however, that the matter of control superseded all other considerations at this time. The acceptance of a speaker at our next District Meeting from the M.M.S. Committee on Mental Health, was approved. It was decided to write to the respective medical societies of Lowell and Fall River to gather information as to the setup of their proposed Mental Health Centers.

A questionnaire from an ad hoc committee of the M.M.S. was studied by the Committee. It was felt that there was insufficient knowledge of present mental facilities in local hospitals to warrant an opinion that would be at all accurate. Impressions, however, were presented and an effort will be made to answer the questionnaire.

Jerome A. Whitney, M.D.,
Chairman

## NOW IS THE TIME FOR FLU VACCINATION

Influenza is a severe illness which is likely to be more serious for certain individuals.

The only satisfactory way to prevent or control influenza is vaccination. Today's vaccine is 70% effective in preventing the disease. Because the vaccine takes time to become effective, now is the time to plan this year's program for the vaccination of your patients.

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## MEETING (Sept. 24) HIGHLIGHTS

Place: Shaker Farms Country Club, Westfield . . . Attendance 174; Reservations 164.

After a fine dinner and an appeal in behalf of the United Fund, President Murray opens meeting at 8:40 p.m. . . . . Guest representatives from the dental and pharmaceutical professions are in attendance . . . A moment of silence is observed in memory of members who died since the Annual Meeting . . . Four new members are introduced and membership certificates are awarded . . . As Nominating Committee he appoints Frank Hurley (chairman), Robert Emery, and Frank Mills . . .

Dr. Cyril Shea presents informational report for Committee on Insurance, Labor Relations and Industrial Accidents . . . The three amendments recommended by the By-Laws Committee (Hippocrat Sept. 1963) are approved . . . Resolution of the Mental Health Committee as presented by Dr. Whitney is approved after lengthy debate.

Mr. Charles Zetkus, General Manager of the J.C.A. is introduced. He appeals for membership in J.C.A., and for active participation in J.C.A. activities.

Guest speaker of the evening is Mr. James W. Foristel, A.M.A.'s Legislative Representative in Washington. His address is very well received and is followed by a stimulating question and answer period. (For excerpts from Mr. Foristel's address — see next column).

Meeting adjourns at 10:40 p.m.

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**Photographs on page 9 by Dr. Charles S. D'Avanzo.**

## Excerpts from MR. FORISTEL'S ADDRESS

1. Congressional Polls — Now that the hearings on "Fedicare" are soon to take place, it is appropriate to recount the reasons why most members of Congress oppose Federal intervention. Through the 21st of August our office had come across 25 published congressional polls taken by members of both political parties, in which large numbers, and, in most cases, all, households within the Congressional District involved were asked for an expression as to whether they favored or opposed inclusion of Medical Care for the Aged under the Social Security system. Of these, only two favored the administration's position.

2. Kerr-Mills Coverage — The latest official report from the Department of HEW indicates that Kerr-Mills coverage has progressed to the point where more than two-thirds of all jurisdictions have an M.A.A. program and all states now have an improved Medical Care program for the Aged and other persons on relief roles.

3. Social Security Trust Fund Deficit — Congress was recently advised by the Actuarial Advisory Committee to the Social Security program that the Disability Program Trust Fund at the present rate will be bankrupt some time between 1966 and 1970.

4. How much Social Security taxes can we stand? — In the 1961 Social Security hearings before the House Ways and Means Committee, then Secretary Abraham Ribicoff, in answer to a question asked by Congressman Thomas Curtis of Missouri on the question of what should be the limit of payroll taxes to support Social Security, said:

" . . . There is always a line to be drawn . . . How much can you afford to pay, and how much can you not afford to pay? . . . I, for one—and I will say this to you publicly—believe there is a limit to how far you can go in Social Security taxes. This I publicly state.

"In looking at what this congress has committed itself to for the future, it is my opinion that you are coming to a situation where you cannot have much more by way of taxes in a Social Security program.

"A half percent brings you pretty close to 10 percent." (Scheduled Social Security taxes will reach a limit of 9¼% of payroll in 1968—Ribicoff is saying that the limit should never exceed 10%).

5. What price Medical Care? — The Administration has issued several sets of contradicting figures. The Legislation pending before Congress calls for additional taxes of $1.5 billion annually and yet the President, in his February 21, 1963 "Special Message on Aiding Our Senior Citizens", states "The Cost of Health Coverage for an Aged Couple . . . is More Than $400 a Year." If the cost, by his admission, is $200 a year per person, then, multiplying $200 times 17 million oldsters produces a figure of $3.4 billion. (Historically, Government Insurance costs more than insurance written in the private sector.) The Health Insurance Industry estimates that after several years of operation the program would cost in the neighborhood of $5 billion a year.

One of the many tables

Mr. James W. Foristel

6. Is there a demonstrable need? — Several congressmen on the Ways and Means Committee, including Curtis, Missouri and Alger, Texas, have stated time and time again that no demonstration has ever been made that a single person has been denied health services because of lack of finances. These members have challenged witness after witness to bring evidence of unmet need. On Page 29 of the Health Hearings in 1961, Secretary Ribicoff said: "I believe it is true that very few, if any, who are absolutely in need of urgent care are turned away from our hospitals because of inability to pay."

7. Do we have the best Medical Care system in the world? — Every medical witness who has appeared be-

fore Congress in the many hearings in the past ten years has said that the United States leads the world in quality. Secretary Abraham Ribicoff, speaking for the Administration in the last hearings, at page 193 says: "I think there is no nation that has health services comparable in quality to that of the United States of America."

8. Government Health Insurance versus Voluntary Health Insurance — The Health Insurance Industry has come a long way in a relatively short period of time. It now covers over 75% of all of our population with health protection. The most accelerated growth is in the aged group, which now is 55% covered with health insurance, the quality of which coverage is improving every day.

9. Members of Congress are beginning to realize that the cry of the liberals and some social workers that the Kerr-Mills Law won't do because it exposes people to degrading means test—this cry is thin and without merit. Our Federal Housing programs, for instance, do not generate housing for all people—only the needy and those with low income. Our Aid to Dependent Children program does not provide benefits for all children—only those where their custodian or surviving parent does not possess the funds to properly raise and educate the children. Under our Federal Defense Education Act the Federal Government does not pay for the education of all good students—only those whose families cannot themselves afford to provide their tuition and schooling. And this is true of all our veterans' programs, Indian program and on down the list.

## CORRESPONDENCE

### Physician's Pension Plan

Dear Hippocrat:

The American Medical Association, taking advantage of a new federal law, has created a retirement program for qualified physician members of the A.M.A. and their full-time employees.

The program was made possible under provisions of Public Law 87-792, which passed Congress as the Keogh Bill and was signed into law October 10, 1962.

This law permits everyone who is self-employed to use a portion of his earned income to participate in a tax-deferred pension program. The tax-deferment privilege had previously been extended to employees of corporations, associations and other organizations but had been denied to the self-employed prior to enactment of the new law.

The physician, or other self-employed individuals, now may set aside in a qualified retirement program up to $2,500 or 10 per cent of his annual earned income, whichever is smaller, and defer payment of federal income taxes on half of this pension-program contribution until he receives the benefits.

The individual, however, must provide proportionate benefits to all of his full-time employees who have worked for him for at least three years. He may include all his full-time employees regardless of length of service. His contributions for the benefit of his employees are fully deductible. A full-time employee is one who works at least 20 hours a week and at least 5 months of the year.

If the self-employed individual, for example, sets aside 5 per cent of his own net earnings, he is required to

contribute on behalf of his employees an equal to 5 per cent of their salaries. If his own contribution is 10 per cent, he must contribute the equivalent of 10 per cent of his employees' salaries.

If a plan provides for voluntary contributions for all participants, the employer also may then enlarge his program with an additional contribution up to 10 per cent of his earnings to a maximum of $2,500. This additional money is non-deductible. The employee is also privileged to contribute additional funds to the program for himself at the same rate used by his employer. However, the employee is not subject to the dollar limitations.

Under the A.M.A. program, the physician and his employees will have the choice of investing their contributions in an equity investment fund or in insurance annuities or in both. If both are chosen, the participant will designate the amount of his contribution to be invested in each.

The equity fund will be used to purchase stocks, real estate, mortgages and similar securities through a national bank serving as trustee for the fund. Contributions for insurance annuities will be placed with major insurance companies at a guaranteed interest rate. Participants in the A.M.A. program investing in annuities will also share in excess profits earned by the insurance companies.

The program will be managed by an administrative board composed of the executive committee of the A.M.A. Board of Trustees.

A.M.A. officials said the association's retirement plan will provide advantages of diversity of investment, with attendant factors of safety and the possibility of long-term growth, coupled with annuity insurance. A variety of investments will be open to the plan which are not readily available to the individual.

Participants will also benefit from low cost resulting from mass buying and the availability of basic records at the A.M.A. In addition, officials said, the A.M.A. plan offers mobility, which may not be available in other retirement plans. Many plans are restricted to the participant's locality and when he moves from the area, he is dropped from the plan. Under the A.M.A. plan, however, a member can relocate anywhere in the world and retain his membership in the plan so long as he remains self-employed and a member of the A.M.A. and keeps his United States citizenship. A.M.A.

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"Problems of Recurrent Inquinal Hernia" is the title of a paper by Dr. Frank Baehr, Springfield, which appeared in the May, 1963, issue of the Journal of the International College of Surgeons.

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In 1959, Pfizer introduced an improved high-potency Salk polio vaccine and rapidly became one of the largest suppliers of this material.

Company virologists, meanwhile, had been working with Doctor Sabin on oral polio vaccine. By the end of 1961, Types I and II had been licensed and they were followed by Type III early in 1962.

Research on a measles vaccine had also been in progress, based on the achievement of John Enders and his associates in isolating the virus and in developing the original tissue culture methods needed to grow the virus in quantity. Four years of intensive research bore fruit in March, 1963, with the licensing of a killed-virus measles vaccine. Behind it were two years of clinical testing covering more than 17,000 children in nearly 100 cities.

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Under Government contract, research is now being pressed toward the development of vaccines for a number of respiratory infections, including the common cold.

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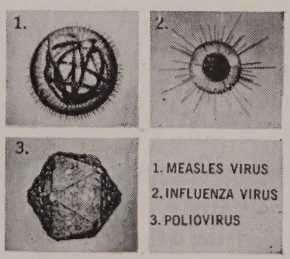

## ETYMOLOGICALLY SPEAKING

Dear Hippocrat:

In reply to your inquiry for the source of the noun *patient,* we present the modern English word as a respelling of the Middle English *pacient.* The word came into English from the Old French *pacient,* appearing first in the fourteenth century in Chaucer's *Troilus* meaning one who is under medical treatment for some disease or a wound. About the same time it appeared in Langland's *Piers Plowman* meaning a sufferer, later in Caxton's *Fables* meaning a sick person; these two meanings of course are no longer current. The shift from the spelling *pacient* to *patient,* completed by 1600, was a stylistic adaptation to the Latin form *patientem* from which the Old French word derived.

*Patientem,* the accusative form of the Latin present participle of patior, pati, passus, means one who is suffering. The inflectional ending was lost after weakening of the vowel sound. There are many cognates or related words in older languages. In Greek the verb *paschein,* meaning to suffer, has a second aorist infinitive *pathein* which, like the Latin, traces back to an Indo-European theoretical radical **spa* to draw out.

We hope that this note answers your question.

Very truly yours,
G. & C. Merriam Company
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## WESSON MATERNITY HOSPITAL PEDIATRIC GUEST SPEAKER PROGRAM
### 1963 - 1964

**Thursday, October 24, 1963**
Subject: Clinical Implifications of Immaturity
Speaker: Franklin C. Behrle, M.D.
Professor of Pediatrics
Seton Hall College of Medicine and Dentistry

**Thursday, December 12, 1963**
Subject: Respiratory Physiology and Respiratory Distress
Speaker: Clement A. Smith, M.D.
Professor of Pediatrics
Harvard Medical School
Boston Lying-In Hospital

**Thursday, January 23, 1964**
Subject: Bacterial Infections in the Newborn
Speaker: Robert J. Haggerty, M.D.
Assistant Professor of Pediatrics
Harvard Medical School
5:00 p.m.—Clinical Session
6:30 p.m.—Dinner (Dutch Treat)
8:00 p.m.—Guest Speaker

**Thursday, Febraury 27, 1964**
Subject: Neonatal Chest Disease
Speaker:
Edward B. D. Neuhauser, M.D.
Radiologist-in-Chief
Children's Hospital Medical Center

**Thursday, March 26, 1964**
Subject: Recognition of Cardiac Defects in the Newborn Nursery
Speaker: Anna J. Hauck, M.D.
Cardiology Department
The Children's Hospital

**Thursday, April 23, 1964**
Subject: Endocrine Function and Dysfunction in the Newborn
Speaker: Robert Klein, M.D.
Professor of Pediatrics
Boston University

# A MESSAGE

from

MRS. CHARLES A. DIAMOND, President

Woman's Auxiliary to the Hampden District Medical Society

Webster's Dictionary defines the word Auxiliary as: conferring help or aid; assistant; supporting; subsidiary; one who assists.

We, the Woman's Auxiliary, dedicate our pledged help by planning a program geared to support and assist you, our husbands, members of the Hampden District Medical Society.

Our program engulfs aiding those seeking medical careers with the proceeds from our Annual White Cap Ball, which this year is scheduled for November 2. Throughout the year funds will be forwarded to A.M.A.-E.R.F. from our members to help further medical progress. Community participation will be achieved through committees of Civil Defense, Public Relations, Safety, Mental Health, Diabetes Week, Decent Literature and the "Municipal Peace Corps". We stand ready, at all times, to assist the Medical Society in whatever way it is desirous of our help. The theme "To Tell Our Story" will be and is carried out by our Legislative Chairman who is contacting various legislators and organizations and is offering them speakers in cooperation with "Operation Hometown".

We shall endeavor to carry out this program to the best of our ability and hope that it will, in some small way, convey our sincerest desire of being your "Auxiliary" in the fullest sense of the term.

## AUXILIARY NEWS

### Program for 1963-64

The program of the Woman's Auxiliary to the H.D.M.S. for the year 1963-64 is as follows:

**Tuesday, October 8, 1963**
**Luncheon Meeting at 12:30 P.M.**
**Betty's Old Towne House, Agawam**
Guest speaker: Lowell Bellin, M.D.
Commissioner of Public Health, Springfield
Chairman - Mrs. John F. Griffin
Co-chairman - Mrs. Charles Atamain

**Tuesday, December 3, 1963**
**Christmas Tea at 1:00 P.M.**
**Home of Mrs. John A. Larson**
209 Prynwood Road
Longmeadow, Mass.
Reception for new members
Chairman - Mrs. Joseph Angelica
Co-chairman - Mrs. Silvano Machiaroli

**Tuesday, March 3, 1964**
**Luncheon Meeting at 1:00 P.M.**
**Shaker Farms Country Club, Westfield**

Program will feature latest spring fashions and high-styled coiffures.

Guest speaker - Beatrice Frasier King, Director of The Frasier School, Springfield.

This meeting will be open to members and their guests.

Chairman - Mrs. William Walthall
Co-chairman - Mrs. Edwin Gillis

**Tuesday, April 17, 1964**
**Annual Luncheon Meeting at 1:00 P.M.**
**Vincent's Hill House, West Springfield**
Installation of officers

Guest speaker and installing officer, Mrs. Eugene Holden, President of the Woman's Auxiliary to the M.M.S.

Chairman - Mrs. Eugene W. Beauchamp, Jr.

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### White Cap Ball

The eleventh annual White Cap Ball will be held at the Schine Inn on Saturday, November 2, 1963. Chairman of this year's dinner-dance is Mrs. Walter Mozden, with Mrs. William E. Coons, Jr. serving as her co-chairman. They have chosen a Hawaiian theme for their colorful decorations, dinner, and entertainment.

The White Cap Ball is the Auxiliary's only fund-raising event. Proceeds from the affair provide scholarships to girls studying for health careers in Hampden District's hospitals and schools. Last year's proceeds afforded scholarships to fourteen girls of the area. These are now training at Mercy, Springfield, Providence, and Holyoke Hospitals, and at Trade High School, Springfield.

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### Fall Conference

Mrs. Eugene Holden, President of the Woman's Auxiliary to the Massachusetts Medical Society, has announced a Fall Conference to be held on October 15, 1963, at the Providence Hospital. The conference will be attended by the president of the auxiliaries of all the Districts, and by the chairmen of the various state and local committees. Sessions of the confer-

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ence will be devoted to forming programs to "aim for excellence in achievement", national theme of the year. Discussed also will be the national SAC program: Serve and Communicate.

Mrs. Carlo Q. Montori,
Correspondent to The Hippocrat

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**A.M.A. Clinical Meeting, Portland, Oregon, Dec. 1-4, A.A.G.P. Scientific Congress, San Juan, P.R., April 16-21, 1964 . . . .**

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**CANCER TEACHING CLINIC**
**Western Massachusetts Hospital**
**Westfield, Massachusetts**
**Wednesday, November 20, 1963**
**4:00 - 6:00 P.M.**

Presentation of Selected Cases, followed by a:

Lecture by
Dr. Stuart H. Q. Quan
Attending Surgeon
Memorial Center
New York, N.Y.
on
"DIAGNOSIS AND MANAGEMENT OF COLON & RECTAL POLYPS and CANCER"

If it is newsworthy and medical, the Hippocrat would like to hear about it.

# ELEVENTH ANNUAL
# WHITE CAP BALL

**NOVEMBER 2, 1963**

**SCHINE INN, CHICOPEE**

## HAWAIIAN LUAU

**Buffet** **Films** **Dancing**

Members will wear long floral gowns in keeping with the Hawaiian theme.

This is the Auxiliary's only fund-raising function. The funds are for scholarship purposes to encourage deserving young ladies in our area to train in fields of service to the public and to the Medical profession.

## HAVE YOU MADE YOUR RESERVATION?

## SEMPER SURSUM

(Editor's note: On June 11th more than 100 people honored Drs. Edward P. Bagg and James B. Bigelow of Holyoke on their 50th professional anniversary, at a dinner held at the Crestview Country Club ("Hippocrat" - Sept. 1963). With Dr. Bagg's permission his very interesting remarks of that evening are published below.)

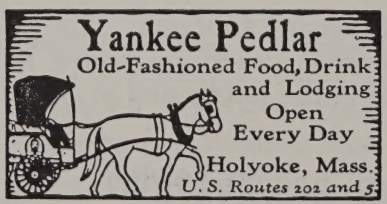
Such a plethora of adulation as greeted the recipients of the Jubilee citation might well have turned stronger heads than ours but for the saving reality of our own inside information, and the knowledge that we owe our present predicament to the accidental fusion of two sets of microscopic cells and the miraculous escapes from numerous biological miscues that could have interferred with normal cell division and diversification. Even more significant were the fortuitous environmental factors which somehow came our way.

Quite the most vital influences in the molding of our individual characters were the many exceptional men and women who acquainted us, each in specific ways, with the facts of life and the fine art of applying them to the achievement of lives of our own worth living. The chief acknowledgements, of necessity, must go to our loving and ultra-patient mothers.

I cannot say whether or not Jim's father used a meat cleaver to shape his son's ends *a la* George Washington, but the years as yet have not drawn a kindly veil over the memory of the impressions that were left on mine by my Dad's solid mahogany hairbrush,—perhaps it was made of teak or even of Philippine yacal that is hard enough for keels. Those were the wholesome days in which Father Harkins and Dr. Edward A. Reed proclaimed from their pulpits the preferred brands of fire insurance, while Jamie and I not infrequently breakfasted off our respective mantlepieces.

Speaking of breakfasts, there was no tempting of finicky appetites in either household, nor arguments pro and con over viands. The food was placed before us to be eaten, and it was,—good, nourishing oatmeal, hominy grits or cornmeal mush, farm vegetables and fruit in season, eggs in any form, meat, fish and poultry. Then to cap the week, came a savory pot of home-baked beans, those whistle berries beloved of boys, which turned up cold at Sunday breakfast along with Grandma's doughnuts.

Another common denominator, though less well shared by Jim and me, was football at the Holyoke High School. The first-class varsity lineman won for himself both locally and later at Dean and Tufts, but no evidence has been found in the archives to explain why I, with length minus beef, was cast as left guard of the 1902 class team. Our reputedly brainy quarterback, Peter Gow, finally elected


COMPLIMENTS

Ernest A. Byron

SPRINGFIELD

to send the burly fullback, Stanley Cox, through me in one game. The play came fatally close to succeeding, but permanently sidelined both players. Enough of me came through the ordeal in one piece to warrent retirement, and Stanley also left the squad because of a sprained ankle,—to save himself, as he said, for basketball. Only one more attempt was made to transform me into a regulation athlete. Fred Allen, when he joined the Amherst Freshman track team, came back to help the old High School as a volunteer coach. I do not blame Fred for that flop as much as I do George Gabler, who as physical director at the Holyoke Y.M.C.A., was retained to direct my convalescence from a sequel to severe scarlet fever, hemorrhagic nephritis. He prescribed a daily half-mile run on the Y's indoor track, and nothing but skimmed milk on my own inside track. To show how low my milk-sop morale had fallen, I can report the theft of only one cookie during the entire year! Thereafter I was left to my own devices for muscle building and recreation with tennis, golf, pencil sharpening and the search for ferns as well as fly casting for elusive and succulent trout. Jim and I both heartily second the invitation of Ike Walton of the "Compleat Angler", to adopt this avocation for relaxation, rebuilding and incidental longevity.

As for military service, 1st. Lt. James B. Bigelow trained in the army Medical Corps at Fort Oglethorpe and joined the 48th Field Artillery of the 8th and last division to be mobilized. As for me, laboratory tests barred me from armed service on two separate occasions. Life insurance for me also was denied for the same reasons.

Thus it was that Dr. Carl Allen, Fred's father, and I were left at home to face the deadly pandemic of influenza that swept the entire country in that terrible winter of 1918, an assignment which cost us more in hard labor and dangerous exposure than front line service would have entailed. Never shall I forget those hectic days and nights that took Dr. Allen's life, since he caught the contagion like so many others who did not survive. Six weeks of such exertion, one meal and four hours of sleep a day, reduced my weight 36 pounds. Escape from the disease was achieved by the face mask, the tincture of green soap and the roll of paper towels that were carried on my rounds. In addition my family was kept free by these precautions. But Holyoke suffered the loss of many valued citizens in the tragic calamity that spared no groups, high or low.

This then was the basic preparation for two home-town boys who elected to hang up their shingles in Holyoke, —in other words, as one of them quaintly phrased it, "to become two large frogs in a comparatively small puddle" (Continued in Nov. Issue.)

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## DIABETES DETECTION WEEK

Hampden District Medical Society is observing Diabetes Detection Week (November 18 to November 23) by co-sponsoring a Diabetes Detection and Education program jointly with the Public Health Department of Springfield and the Druggists of Western Massachusetts.

During Diabetes Week the public through a program of publicity, will be invited to pick up a "Dreypak" at their favorite drug store. This "Dreypak" contains a medicated paper strip which the individual dips quickly into a specimen of urine, lets it dry, and returns it—by mail or otherwise. The tester adds one drop of glucose oxidase solution to the filter paper strip containing the dried urine specimen. After two minutes, if the filter paper turns any color between light green and dark blue, there is sugar in the urine.

A self-addressed envelope then delivers the "Dreypak" to H.D.M.S. headquarters at 1414 State Street. From there they will go to the Springfield Trade High School where it is expected the actual testing, as last year, will be done. Our Woman's Auxiliary then takes over, notifying the sender of the findings, and also his physician if the test is positive.

Louis Izenstein, M.D.
For Sub-committee on
Diabetes Detection

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## "OPERATION HOMETOWN"

Planned specifically for each county medical society and each of its members, "Operation Hometown" is a nationwide intensive and *continuing* program to offset the mounting pressure for King-Anderson legislation in the 88th Congress.

This year may well see the beginning of the end of America's high health care standards and the freedom of the medical profession—unless physicians and other community leaders take the initiative *now* in developing articulate and voluble public opinion against the inequities and extravagances proposed in this Federal scheme of high cost and low return.

"Operation Hometown" is designed to reach every segment of the American public through every possible medium, to stimulate every voter to let his Congressman know that medicare is really "Fedicare"—a costly concoction of bureaucracy, bad medicine, and an unbalanced budget.

These facts must be made known, and "Operation Hometown" provides the tools and techniques for our medical society to present them to our fellow citizens.

To implement "Operation Hometown" President Murray appointed recently the following committee: Robert Emery (chairman), Samuel Feldman, Charles Holt, William Byrnes and Bruce Stoler. The Auxiliary's legislative committee has already pledged its support.

## PUBLIC HEALTH COMMITTEE MEETING

A meeting of the Public Health Committee was held on Wednesday, September 11, 1963 at 12 noon at the Society office. In attendance were Drs. Pokorny, Stebbins, Frank, Fitzpatrick, Visconti and Izenstein. (1) Under old business, it was noted that the Diabetes Detection Program is rolling better than ever, under the chairmanship of Dr. Izenstein and his sub-committee. Diabetes Detection Week will be November 17-23. (2) Dr. Fitzpatrick is still in the process of drawing up a list of ancillary agencies. (3) Dr. Stebbins is working on a program of accident prevention. He is trying to determine the best possible measures. He expects to get in touch with Dr. Jacob Brem who heads a similar program in Worcester and who is chairman of the accident prevention program of the State Chapter of American Academy of Pediatrics; and also with Dr. Merritt Low of Greenfield who has done considerable work in this field. The question of Community Health week was brought up and Dr. Visconti was delegated to investigate the matter and to get in touch with Mr. Greenberg of the Druggist Association and Mr. Zetkus of the J.C.A. Under the heading of new business an adult polio prevention program was considered. This program is to be sponsored by the H.D.M.S. and in this connection it was felt best if the District Society carried it out on its own. The first step in this direction is to get bids. The companies furnishing the vaccine also organize the program, provide publicity and do a great many other chores which would otherwise fall on the practicing physician. It is necessary to set dates. March, April and May are considered the best months in which to carry out such a program. Places must be selected and personnel provided to man these clinics. The program is referred to the Executive Committee for approval.

Norman A. Pokorny, M.D.,
Chairman

## DISASTER MEDICAL CARE COMMITTEE

A meeting of the Disaster Committee was held on Thursday, September 12, 1963 at 8 P.M. at the Society office. Those that attended were Drs. McEwen, Franseen, Cartier, Callahan, and Mrs. Valley from Providence Hospital. Mr. Richard Shepardson, Civil defense Director of Springfield was also in attendance.

This was to have been a meeting to discuss plans for a disaster exercise in Springfield. However, since only a few of the people involved showed up, it was dicussed only briefly. Dr. McEwen will discuss the plans with Dr. Bellin and an exercise may be planned in the future. Mrs. Purdy gave a brief report of the Berkshire "Self-Help" Program initiated and conducted by Dr. Sandick, Chairman of the Disaster Committee of the Berkshire District Medical Society. This plan has received the approval of the

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Disaster Committee of the M.M.S. (see below). Over 1,000 people have been trained under this program and 45,000 are expected to train during the 1963-64 year. Mr. Shepardson gave a report on the recent fire at Our Lady of Rosary Church, Springfield, when 25 firemen were overcome by smoke and heat. Mrs. Valley reported that Providence Hospital had a mock disaster in April. She promised to mail a copy of the report.

The meeting was adjourned at 9 P.M.

Kenneth L. McEwen, M.D.,
Chairman

## THE BERKSHIRE PLAN

A Medical Self-Help Program was launched recently by the Berkshire District Medical Society which has proved to be a tremendous success. Hard work and perseverance by the Society, by the Medical Assistant group and by the Woman's Auxiliary were mainly responsible for this achievement. An extensive publicity campaign was carried out with posters placed in conspicuous places. Enrollment took place through the Society office. A Speakers Bureau was formed to provide speakers on the Medical Self-Help Program to various civic organizations. Publicity was carried on also through radio and television, with panel discussions and short spot announcements.

Medical background was not a prerequisite to becoming a successful instructor. The greater the number of instructors available, the greater also the number of people that can be trained. The result of this training program is that thus far there are about 1,000 graduates. Educating at least 45,000 out of the 135,000 people in the County is the goal of the Berkshire District Medical Society.

(Condensed from the report of Herbert Sandick, M.D., Chairman Disaster Committee, Berkshire District Medical Society).

## DISASTER MEDICAL CARE CONFERENCE

"Brass Tacks" will be the theme of the Fourteenth National County Medical Societies Conference on Disaster Medical Care sponsored by the AMA Council on National Security. The conference will be held on November 2-3, 1963 at the Pick-Congress Hotel in Chicago.

Topics to be covered in the symposia which comprise the conference program include Community Health Service Planning, Relationship of the State Health Departments and the State Medical Societies, Hospitals as Resources and a number of other subjects of interest and utility to all individuals concerned in planning community defenses against national or natural disaster.

In addition to the symposia, workshops corresponding to the subjects discussed by the various program speakers are being scheduled to provide a forum wherein the conference participants can air their problems and exchange ideas on the solutions to those problems.

For advance registration and additional information write to: AMA Council of National Security, 535 N. Dearborn Street, Chicago 10, Illinois.

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## ACADEMY

At the November 12 meeting of the Springfield Academy of Medicine the speaker will be Stanley Stellar, M.D., Professor of Clinical Neurosurgery at New York University School of Medicine and Associate Attending Neurosurgeon at St. Barnabas Hospital, Bronx, New York. The clinical conference will be at the Wesson Memorial Hospital.

At the December 10 meeting the speaker will be Franz S. Ingelfinger, M.D., Professor of Medicine, Boston University School of Medicine. His topic will be "Practical Points in Diagnosis of Malabsorption Syndrome". The clinical conference will be held at the Mercy Hospital.

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## HOSPITAL COSTS DOUBLE

*Medical Tribune—World Wide Report*

CHICAGO—Average cost per day for a patient's stay in a non-Federal short-term, general hospital that admits patients with all types of illness or injury is now $36.83, more than twice what it was 10 years ago, $18.35, according to the American Hospital Association.

An average stay, estimated at slightly more than one week, in such a hospital increased in cost during the same period from $148 to $279, the association said. The increase was laid mainly to increased payrolls.

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## QUACKERY SESSION IS SET

The second National Congress on Medical Quackery will be held here October 25-26. The congress will be sponsored jointly by the American Medical Association and the Food and Drug Administration.

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# NEXT DISTRICT MEETING

## TUESDAY, DECEMBER 3, 1963

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